

Lesson Five

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Advice

[1] Any decision that we make in this world has an effect in the hereafter.

[2] Prudent people make their decisions to deal with the future

[3] All of our decision need to be made with the focus of the hereafter

[4] These Hadith should change our perspective

Hadith 1

The Prophet (saw) said more or less “The son of Adam does not fill a vessel worse than his stomach. It is sufficient for the son of Adam to have a few morsels enough to keep his back straight. If he is going to eat more than that, then 1/3 for food, 1/3 for drink, and then 1/3 for breathing.”

[1] Stomach – just any kind of vessel – don’t fill it up

[2] Allah (swt) says in the Quran, the translation of which is to the effect “Leave them to eat and enjoy and their hopes have misguided them, their hopes have made them negligent/heedless. They will soon discover the truth – how nasty/detrimental/unhealthy this was.”

[3] 10 benefits of staying hungry

1. Heart becomes pure, fresh, vital. Including the mind
2. Soften the heart – spiritually speaking
3. Reduce a person’s arrogance – humbles a person
4. Will not forget the tests, punishments, and the people that are undergoing tests that Allah (swt) sends
5. Prevents sins – breaks the desire for disobedience and gives dominance over this evil inciting self
6. Sleep less
7. Allow you to do worship for longer and more regular
8. Keep your body healthy, keep different illnesses away
9. Cheaper
10. Spend more in path of Allah

NOTES

Hadith 2

The Prophet (saw) heard this man burping and he said more or less “Stop your burping. Prevent it. Withhold it. The person who has to suffer the longest pangs on the Day of Judgment will be the ones who had the longest satiation in this world”

[1] Satiation makes you disobedient, lazy, etc.

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Hadith 3

The Prophet (saw) said more or less “Every nation has a Fitna (anything that leads a person to deviance or disobedience). The overall Fitna of this Ummah is wealth.”

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Hadith 4

The Prophet (saw) said more or less “One of the sons of Adam will be brought on the Day of Judgment as if he is a small kid (offspring of sheep) and will then be made to stand in front of Allah (swt). Allah (swt) will then say to him “I gave/gifted you life, sense, health, well-being and everything else. I made you owner of many, many things. I bestowed you with many gifts. I then showered you with My Blessings by sending you a Prophet to tell you how to work in this world. So now tell me what you did with all of that. The person will say, “Oh my Lord I gathered the wealth and its profits, and then I left it for others more than I had before. Let me go back and I’ll bring it all back.” Allah (swt) will say to him “Show Me what you have sent forth for the hereafter.” The person will say I did all of this (give same answer as before). The problem is that this person will be a servant of Allah who has not sent forth anything. Every Nafs should see what he has sent forth for tomorrow. Anything you have sent forth for yourself, you will find it with Allah (swt). Then this person will be taken to the hellfire. These are the persons who purchased deviance over guidance. That is why their trade of this world is not profitable in the hereafter

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Hadith 5

The Prophet (saw) said more or less “The two feet of any human being the Day of Judgment will not move until they are questioned about 5 things – We gave you life, how did you spend this life? Your youth, how did you spend that. Where did you get your wealth from? How did you spend it? What did you do with the knowledge that you were given – did you act upon it.”

[1] Some of the first questions to be asked on the Day of Judgment will be:

Didn't I give you a healthy body and didn't I give you cool water to drink?

[2] Allah (Swt) has blessed us and we need to do something with these blessings.

[3] Hadith about studying or remaining ignorant

I studied. What did you practice according to your knowledge?

I was ignorant. What is your excuse for not having studied?

[4] Regularly be studying – be in the mode of studying

Hadith 6

The Prophet (saw) said more or less “You are not better or superior because you are red skinned or black skinned, except Taqwa”

[1] Consciousness of Allah (swt) makes you superior in the eyes of Allah (swt)

NOTES

Hadith 7

The Prophet (saw) said more or less “The benefit of indulging less in the Dunya (how- focus on the hereafter and Allah), Allah will open up wisdom in his heart. His tongue will speak wisdom and Allah will make him insightful to the defects of the Dunya and its cures. And then finally Allah will take the person from this world in the secure and safe way to the Abode of Peace.”

[1] Allah wants us to take the first step, then Allah will start to open the defects and the cures

[2] Remedy learning more and Aml

NOTES

Hadith 8

The Prophet (saw) said more or less “Falah (Success - winning after which there is no failure) will be obtained by the one whose heart Allah (swt) purifies for Imaan – make his heart Salim sound (no jealousy, excessive angry, hatred, blameworthy traits), has a true tongue, his Nafs is always satisfied with his Lord, his innate disposition is straight, and then He makes his ears those that listen, not those that are shut, and He makes his eyes open and seeing of those things that are to be seen. When it comes to the ears, they are funnels/cones that take everything in and when it comes to the eyes they are a place that will settle whatever you see for that which the heart preserves. The one whose heart is made to have preserved, then he has gained success in the hereafter”

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Hadith 9

The Prophet (saw) said more or less “If you see that Allah (swt) has given some servant in this Dunya a lot of the Dunya despite that he is a sinner/disobedient servant, what does that mean? ”

[1] Negative

[2] Person does something to start off – tongue/ heart – blasphemous/arrogant statement – Allah gives more and more

[3] Verse: When they are made to forget what they are reminded by and then We just opened up to the them doors of everything until when they began to exalt with what they had been given and become overly satisfied with what has been given to then We suddenly seized them and they were in a state of despair and loss.

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